

GOOD NEWS



Taunton Council on Aging & Taunton Housing Authority Newsletter

EDITORS: Jennifer Martins, Head Clerk; Linda Blake-McKenna, Principal Clerk; and Marylew Closson, ROSS Coordinator THA



Join us Friday, July 1st at 10:00 AM at Lee Terrace to create a beachy door hanger to celebrate summer! We will use flip flops, nautical rope, wooden anchors and ship's wheel to create this casual decor piece, all the while chatting and enjoying each other's company. Call and register by calling 774-406-5899.



Double The Fun is bringing the Bristol County Sheriff's Department and their COVID Dogs to Gwozdz Terrace!! Join us on **Tuesday, July 19th at 1:00 PM** as we spend some time outside with the COVID Comfort Dogs and learn about the benefits of therapeutic animals. The Sheriff's Department will also be offering Files of Life and will answer any questions you might have. Register by calling 774-406-5899.

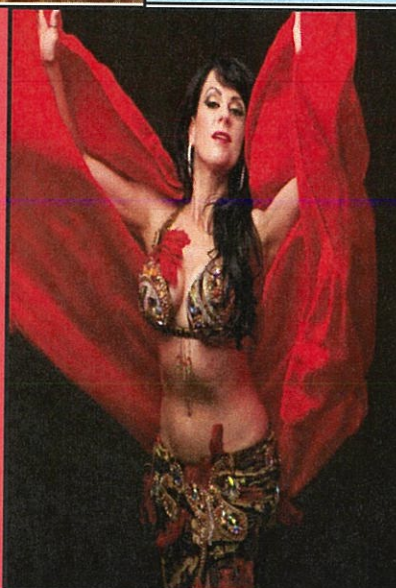
Double The Fun!!!

Brings you a performance by Comedian John McClellan

John will be performing at the **Happy Health Center** located at **174 Broadway, Taunton, on Tuesday, July 19th at 4:00 PM**. Please register with the COA at 774-406-5899.

If transportation is needed please advise the staff member taking your registration and someone will call you back with more information.

We can't wait to see everyone there!!!



Come join in on the fun! Belly dancing classes with Aurel and Ancient Art Studios starting **Wednesday, July 13th at 11:00 AM at 30 Olney Street**. The class will run for 12 weeks; the last class will be on Wednesday, September 28th.

Please call to register 774-406-5899.



On **Wednesday, July 20th at 10:00 AM**, Michele Ellicks, community outreach coordinator with the Massachusetts Registry of Motor Vehicles, will present "Shifting Gears", a safe driving workshop for older drivers. Data shows that 94% of crashes are caused by driver error, which means that nearly all crashes are 100% preventable. Join us to learn how to improve driver safety, assess your driving skills and learn the rules of the road by calling 774 406-5899 to register.

'Create With Kath' Painting Class

Tuesday, July 26 at 2:00 PM at the Fitzsimmons Arms, Community Room. Join Kathleen Partick as she leads you to create your own 11 X 14 painting. Ease stress and fire up your creativity in this fun and social class. Please call to register 774-406-5899.



Gentle Mat Yoga With Nancy

Thursdays in July at James Thomas Apartments at 2:00 PM in the Community Room, Building 1. This is a 60 minute floor based gentle exercise program explores the importance of self-care and is taught by an compassionate instructor. Call to register 774-406-5899. A yoga mat is required.



Daily Classes for the Month of July at 30 Olney Street!

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Fitness w/Lee 10:00 Fitness w/Lee 1:00 Yoga w/Nancy Closed July 4th	10:00 Fitness w/ Lee or Lynne 1:00 Yoga w/ Nancy 5:30 Fitness w/Lynne	11:00 Belly Dancing 1:30 Brains & Balance w/Kelley	10:00 Fitness w/Lee	8:00 Walking Group 9:00 Fitness w/Lee 10:30 Meditation w/ Nancy

Special Events in June at Taunton COA 30 Olney Street

Tuesday, July 5th—2:30 PM	Movie "Forrest Gump"
Wednesday, July 6th and 20th—10:00 AM	Blood Pressure / Glucose Screening
Wednesday, July 6th—1:00 PM	TED Talks with Gabby
No July Classes	Ask The IT Guy with Paul Arikian
Thursday, July 14th —1:30 PM	Bereavement Support Group
Tuesday, July 19th—2:30 PM	Movie "Hidden Figures"
Wednesday, July 20th—10:00 AM	"Shifting Gears" with Michele Ellicks with MA RMV



WHO'S READY FOR SUMMER? Aqua Chi & Aqua Zumba with Kelley Brophy!!

The Taunton Council on Aging in collaboration with Parks, Recreation, Cemeteries and Public Grounds is thrilled to offer a **free** 7 week Aqua Chi AND Aqua Zumba class. Please call 774-406-5899.

This class is for Taunton seniors only.

Wednesday, July 6th at 1:00 PM 30 Olney Street

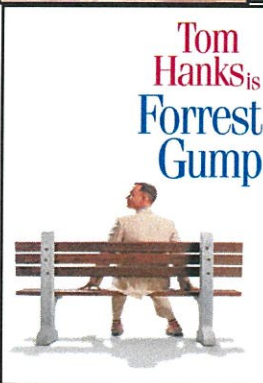
Join Gabby from Elder Outreach in July for a conversation on "4 kinds of regret—and what they teach you about yourself". Regret is one of our most powerful emotions -- and also one of the most misunderstood. It all boils down to the same four core regrets. Listen as Gabby explains how to transform your own regrets in order to create the life you've always wanted to live. Please call 774-406-5899 to register.



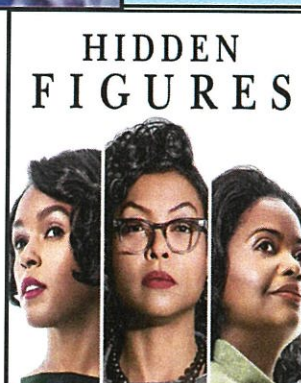
Gnautical Gnome Workshop. Join us **Friday July 15th at 10:00 AM, Lee Terrace Apartments** to create a two dimensional gnome for your home using fabric and nautical craft items. Please call to register 774-406-5899.



Are you turning 65? Are you thinking about retiring? Are you struggling to financially cover your medical expenses? For assistance with Medicare issues, schedule your appointment with a SHINE counselor by calling the COA at 508-821-1425.



"Forrest Gump" Tuesday, July 5th at 2:30 PM. The presidencies of Kennedy and Johnson, the Vietnam War, the Watergate scandal and other historical events unfold from the perspective of an Alabama man with an IQ of 75, whose only desire is to be reunited with his childhood sweetheart. Call to register!



"Hidden Figures" Tuesday, July 19th at 2:30 PM. The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. Call to register!!!

Department of Human Services/Taunton Council on Aging, 30 Olney Street, Taunton 02780 Phone 508-821-1425 Fax 508-821-1444
Hours: Monday, Wednesday, Thursday—8:00 AM—4:00 PM, Tuesday—8:00 AM—7:00 PM, Friday, 8:00—12:00 PM

SENIOR CENTER PROGRAM REGISTRATION LINE—774-406-5899

Off Site Programming for the Month of July

Special Events in July at Hopewell Park Pool — Hopewell Street

Tuesday, July 5th, 12th, 19th, 26th—10:30 AM	Aqua Chi with Kelley Brophy
Thursday, July 7th, 14th, 21st, 28th —10:30 PM	Aqua Zumba with Kelley Brophy

Special Events in July at Caswell Grove—417 Middleboro Ave.

Thursday, July 7th and 21st —10:00 AM—11:00 AM	Blood Pressure Screening
Wednesday July 13th—2:00 PM	BINGO

Special Events in July at Gwozdz—242-254 Whittenton Street

Tuesday, July 5th—11:00 AM	Music with Mike Higgins
Wednesday, July 6th, 13th, 20th, and 27th—9:00 AM	Sittercise with Jane Doucet
Tuesday, July 19th—1:00 PM	Covid Comfort Dog Visit with Bristol County Sheriff's Dept.
Wednesday, July 27th—2:00 PM	BINGO with Jane Doucet and Mary Lew Closson

Special Events in July at Fitzsimmons Arms Apartments—30 Olney Street

Tuesday, July 5th, 12th, 19th, and 26th—10:00 AM	LCR Game (Left, Center, Right)
Wednesday, July 6th, 13th, 20th, and 27th—1:00 PM	Mahjong
Monday, July 11th, 18th, and 25th—12:00 PM	Cards: 45
Tuesday, July 26th—2:00 PM	Create with Kath Painting Class

Special Events in July at James Thomas Apartments—143 School Street

Thursday, July 7th, 14th, 21st, 28th—2:00 PM	Gentle Mat Yoga with Nancy Cunningham
Monday, July 11th—1:00 PM	Ceramics with Jean Kingsbury
Monday, July 18th—2:00 PM	Create Your Own Therapy Putty w/Jane D & Marylew C
Wednesday, July 20th—1:00 PM	Music with Mike Higgins

Special Events in July at John Shea Apartments— 21 Hodges Avenue

Monday, July 11th, 18th, and 25th —9:00 AM	Sittercise with Jane Doucet
Tuesday, July 12th—2:00 PM	Let's Make History with Saria Sweeney: Berry Ink and Butter

Special Events in July at Lee Terrace—2 Lee Terrace

Friday, July 1st, 8th, 15th, and 29th - 9:00 AM	Sittercise with Jane Doucet
Friday, July 1st, —10:00 AM	Life's a Beach Door hanger Craft with Jane Doucet
Friday, July 15th—10:00 AM	Gnautical Gnome Workshop with Jane Doucet
Monday, July 25th—1:00 PM	Glass Fusion with Jean Kingsbury

Special Events in July at HAPPY HEALTH CENTER—174 Broadway

Tuesday, July 19th—4:00 PM	Comedy Show with John McClellan
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Special Events in July at Walker School Apartments— 135 Berkley Street

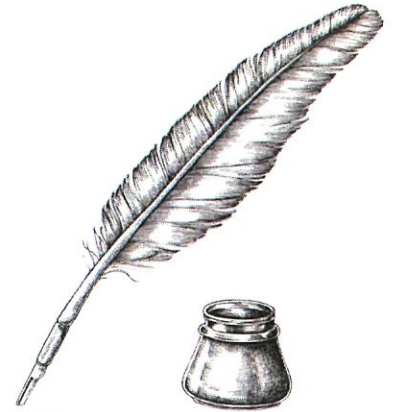
Wednesday, July 6th —2:00 PM	Create Your Own Therapy Putty w/Jane D & Marylew C
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ALL OFF SITE EVENTS AND CLASSES, ARE AVAILABLE TO ALL TAUNTON SENIORS 60 AND OVER.

REGISTRATION IS MANDATORY - PLEASE CALL 774-406-5899 TO REGISTER.



'Let's Make History Program' with Saria Sweeney from Old Colony History Museum. 'Make Berry Ink and Butter' in the community room at John Shea apartments on Tuesday, July 12th at 2:00 PM. Before people could purchase writing implements, many people made their own ink from natural ingredients. Learn how to make your own and try your hand at writing with a feather quill pen. Also, learn how people used to make their own butter! Call and register 774-406-5899.



Join us for our August Memory Café, held at the Taunton Public Library, on **Thursday, August 11th from 10:30 AM—12:00 PM**. Mary Beth will show us how to make a self-creative key chain with wooden beads. Memory Café's are a welcoming place for individuals living with memory change and for their family and friends. It is an opportunity for those experiencing cognitive changes to know that they are not alone, leave behind limitations, focus on strengths and explore something new. A care partner must accompany any guests who requires personal care assistance. Space is limited, so call the Taunton Council on Aging to register at (774) 406-5899.



"Fun in the Sun Grab n' Go"
Our next Grab n' Go will be **Thursday, August 25th from 11:00 AM —12:30 PM** at the Taunton Nursing Home. The meal is a cold boxed lunch with an Italian Cold Cut wrap, Greek pasta salad, Portuguese biscoitos (cookies) and a Washington Apple. As always registration is a must, so please call to reserve your meal!!! 774-406-5899.



Mark your Calendar!! Thanks to our partnership with the Taunton Federal Credit Union we are able to offer shredding services to Taunton Seniors from **Monday, August 8th through Friday, August 12th**. Taunton Seniors 60 years of age are eligible to drop off one bankers box or paper grocery bag during the week which contains personal documents, bills, receipts, tax returns, medical records etc. We ask that you give us a call before traveling to the center at 508-821-1425 and let us know when you are coming!!!!



'Let's Make History Program' with Saria Sweeney, Old Colony History Museum—Marbled Paper: Thursday, August 18th at 2:00 pm, Lee Terrace, community room. Make a totally one-of-a-kind creation of your own marbled paper to decorate your space or use in other crafts while learning the unique history of paper marbling. Please call to register 774-406-5899.

"Double the Fun" BINGO!

Wednesday, July 13th Caswell Grove 2:00 PM

Wednesday, July 27th Gwozdz 2:00 PM

The Council on Aging, together with the Ross Coordinator from the Taunton Housing Authority bring you "Double the Fun BINGO." Join Jane and Marylew for a few fun games of BINGO with snacks and prizes!!

Call 774-406-5899 to reserve a space.

CLIMATE CHANGE & EXTREME HEAT

Extreme heat events, or heat waves, are a leading cause of **EXTREME WEATHER-RELATED DEATHS** in the United States and the number of heat-related deaths is rising!

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at www.cdc.gov/ephracking



Summer of Giving

Taunton Animal Shelter

In July and August we will be collecting much needed supplies for the local animal shelter. Items in need include but not limited to: Animal Safe Ice Melt, Grain Free dog or cat dry food, Rope toys (no stuffed toys) all sizes, Kitten dry/wet food, paper towels, peanut butter, Senior grain free dry food, small bite grain free dog food, large trash bags, disinfectant wipes, Dawn dish soap, laundry detergent, and Blue Buffalo dog/cat food.

Teenage Hygiene Products

For the months of July and August we are asking our participants to bring in Hygiene products for teenage boys and girls that we will donate to the Teenage Hygiene Closet organized and distributed by the Taunton Housing Authority. Some of the items they provide are: Deodorant, razors, lotion, soap, tampons, sanitary pads, loofahs, toothbrushes/toothpaste, ect.

Thank you!

**HOME OF THE FREE
BECAUSE OF THE BRAVE**

**LET US CELEBRATE WITH GRATITUDE
THE BEAUTY AND FREEDOM OF OUR
GREAT NATION THIS JULY!**

Happy Summer!
Mayor Shaunna O'Connell

Get Ready to Grill Safely

Separate
When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

Chill
Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

Clean
Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

Cook
Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

Don't cross-contaminate
Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

Refrigerate
Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

www.cdc.gov/foodsafety



Create Your Own Therapy Putty! Monday, July 18th at 2:00 PM at James Thomas Apartments. In this class we will make our own therapy putty, useful for exercising your hands and fingers. This putty will be made with fragrance oils for aromatherapy benefits of stress relief. This putty will remain fresh in a container for 4 weeks. Call to register 774-406-5899



Yes there are SOME programs that we allow folks from out of town to join in on! Please have your friends from out of town call us and we will let them know our policy. Due to limited seating and funding there are programs that folks from out of town just cannot attend! We appreciate your understanding.

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HEAD ADMINISTRATIVE CLERK: KELLEY SYLVIA
DHS PROGRAM COORDINATOR: TRACY HEGER
COMMUNITY REALTIONS COUNSELOR: MARY BETH FORSHAW



Mike Higgins is playing at different locations throughout summer months! Give us a call for the list of dates and locations 774-406-5899.

Senior Computer hours are available at the Taunton Public Library—
Please give them a call for more information at 508-821-1410.



If you have any questions or suggestions on programs please feel free to chat with staff!

We are all ears!

We ask that you **please call to cancel if you cannot attend** an event that you registered for. Some of our programs have waiting lists. We would hate to leave an empty seat at an event that could be filled by someone who is wait listed. Thank you!

Disclaimer: References to any person, product, service or information does not constitute an endorsement or recommendation by the Taunton Council on Aging or any of its employees. The Taunton Council on Aging neither assumes any liability nor endorses ANY specific products or services provided by public or private organizations.